



LONGEVITY

HEALTH CENTER

March 2019 Newsletter

From the Longevity Health Center Team

MOVEMENT THERAPY: SOMATICS

"Muscles are the servants of the brain and have no will of their own." -Thomas Hanna (founder of Clinical Somatics/Hanna Somatics)

Holding muscles all the time is fatiguing. Stretching at yoga or fitness classes isn't enough to change your brain from the holding patterns it keeps repeating in the closed feedback loop.

Somatic Movement Therapy is a movement based solution for healing that gets the nervous system to communicate with your muscles to reprogram its current holding patterns and release tight, sore muscles.

Using slow focused small movements without force, allows the brain to learn new steps or remember the steps if it has forgotten.

In classes, students are asked to actively control movements in a specific way. This allows tight muscles to release for more freedom of movement. As a result, you increase flexibility and improve posture without force.

Muscles don't move by themselves; they are controlled by the brain (motor cortex). Changing the way the brain messages muscles helps change chronically tight muscle and relieve areas of the body and improve flexibility.

The hips are part of the pelvis and to be honest, the pelvis is the center of your universe! Literally, it's at the center of all that you do as the connecting place between your upper and lower body, which in turn helps you transfer load from one side to the other during one of the most common things we do as humans: walking. The pelvis has a direct relationship to our diaphragm for breathing and it supports our core musculature for balance, stability and agility.

Would you like to move more freely and feel less tight in your hips? Join us for our Somatics Hips & Psoas workshop Saturday, March 16th or ask about future classes and workshops. Learn how to retrain your brain to get out of pain with Somatics. Unwind with slow, gentle movements that feel good!

Pam Kamoku, Certified Yoga Therapist

Pam is a certified Yoga Therapist (IAYT), Yoga Instructor, Personal Trainer and is completing her training in Clinical Somatic Education. She is excited to help Longevity's clients become more active, reduce pain and stress, and breathe easier. Pam knows what it's like to be in pain. Years of chronic injuries led to a multi-year apprenticeship in yoga therapy and Clinical Somatic Education.

Pam has turned things around for many people who believed they were "too tight," "too old," or "too out of shape" to get better. Many were once concerned they would injure themselves or "make things worse" at a regular gym or yoga class. Pam helps people turn off the "auto-pilot switch" of their movement habits and tap into how their body was meant to move. Because yoga therapists are trained to meet the client at their starting point, Pam is especially skilled at safely adapting yoga and somatics for everybody, from young athletes to seniors to people living with serious illness (arthritis, Parkinson's, cancer, stroke, chronic depression/stress, etc.)

LIFESTYLE EDUCATION SEASONAL RECIPES:

CHICKEN VEGETABLE SOUP



Ingredients:

- 1 Large Onion
- 3-4 Carrots
- 5-6 stalks celery
- 2 TBSP garlic (4-6 cloves)
- 4 Mushrooms
- 1 Leek (optional but delicious)
- 1-2 C Chopped Greens (Spinach, Swiss Chard, Kale, or Dandelion)
- Herbs:
- 1 TBSP Powdered Poultry Seasoning
- 1 1/2 tsp Dried Thyme
- 1-2" Fresh Turmeric, peeled & sliced thin
- 4 QT Chicken stock OR
- 4 QT water & 2 TBSP Better than Bouillon brand Chicken paste
- 1 tsp kosher salt
- 3/4 tsp black pepper

Method:

- Chop onion, celery, carrots & mushrooms into 3/4 inch chunks
- Mince garlic
- Slice greens into 3/4" ribbons
- Slice leeks into half moons and soak to release any grit
- Chop parsley
- Cut chicken thighs into 1" cubes
- Put a tablespoon of oil in soup pot and get the pan hot.
- Season chicken with half of the salt & pepper and add to pot.
- Cook until almost done, then add onion, leeks & mushrooms.
- Once they are soft, add carrots, celery & garlic.
- When you start to smell the garlic, add the poultry seasoning, thyme, turmeric & half of the parsley.
- Add the Chicken stock or water/bouillon mix.
- Bring to a boil and cook until vegetables are tender.
- Season to taste with the remaining salt & pepper

Schedules

HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:
March 26, 2019 - Prince Kuhio Day

MOVEMENT CLASSES

SOMATICS
Tuesday 9:00 a.m. - 10:15 a.m.
Thursday 10:30 a.m. - 11:45 a.m.
Sliding Scale \$17-\$20

SOMATICS WORKSHOP: HIPS AND PSOAS
Sat. March 16 • 9am-12:30pm

COMMUNITY ACUPUNCTURE

Monday 3:00 p.m. - 6:00 p.m.
Tuesday 3:00 p.m. - 6:00 p.m.
Wednesday 10:00 a.m. - 1:00 p.m.
Thursday 3:00 p.m. - 6:00 p.m.
Friday 3:00 p.m. - 6:00 p.m.

*Last appointment is 45 minutes before closing time.
Drop ins may be accepted, but appointments are encouraged.*